ᐅᖃᐅᔾᔨᒋᐊᕈᑎᒃᓴᑦ ᐊᖓᔪᖅᑳᖑᔪᖅᑐᓄᑦ

ᐃᓕᖅᑯᓯᖓᓂᒃ ᐱᕈᖅᐸᓪᓕᐊᑎᑦᑎᓂᖅ

- ᐃᖅᑲᐅᒪᕗᒃᑐᖓ ᓱᓇᓂᒃ. ᖃᓄᐃᓕᐅᕈᑕᐅᔪᓂᒃ ᐱᓕᕆᐊᖃᒃᑲᓐᓂᕈᒪᖃᑦᑕᖅᑐᖓ. ᖁᕕᐊᒋᓯᒪᔭᒃᑲᓂᒃ. ᖁᕕᐊᒋᔭᒃᑲ ᑲᔪᓯᑎᑉᐸᒃᑕᒃᑲ ᖁᕕᐊᖏᓐᓇᖅᑑᒋᑦ ᖃᓄᐃᓕᐅᕈᑕᐅᒧᑦ, ᐱᙳᐊᑦ ᐊᒻᒪᓗ ᐊᓯᖏᑦ.
- ᐃᓅᖃᑎᒃᑲᓂᒃ ᐃᓅᖃᑎᖃᖅᐸᓪᓕᐊᓕᖅᐸᒃᑐᖓ. ᓄᑖᕿᐅᖃᑎᒃᑲᓂᒃ ᐱᙳᐊᖃᑎᖃᖅᐸᒃᓲᖓ.
- ᐃᒡᓕᖅᐸᒃᑐᖓ.
- ᐅᔾᔨᕆᓴᐅᔭᒪᐸᓱᖓ ᖃᓄᐃᓕᐅᕈᓲᔭᖅᐸᒃᑐᖓ. ᐃᓅᖃᑎᖃᕈᒪᓪᓕᖅᐸᒃᑐᖓ. ᐃᓚᒃᑲᓂᒃ ᑕᐃᓯᕗᓪᓕᐊᓕᖃᑦᑕᖅᑐᖓ.

ᑐᓴᐅᒪᖃᑦᑕᐅᑎᓂᖅ ᐅᖃᖃᑎᒌᖃᑦᑕᕐᓂᖅ

- ᐅᖃᐅᓯᕐᓂᒃ ᐅᖃᖅᐸᓪᓕᐊᓕᖃᑦᑕᖅᑐᖓ. ᐅᖃᖅᑕᑎᑦ ᐅᖃᖅᐸᒃᑕᒃᑲ, ᐱᓗᐊᖅᑐᒥ ᑕᐃᒎᓰᑦ.
- ᓇᒥᓂᖅ ᐅᖃᐅᓯᖃᖅᑐᖓ. ᓈᒻᒪᒋᒃᑭᑦ ᐅᖃᐅᓯᒃᑲ ᓄᑖᓂᒃ ᐅᖃᖅᐸᓪᓕᐊᖃᑕᓕᕐᒥᒐᒪ. ᐋᖅᑭᒐᓱᒃᐸᙱᑦᑐᑎᑦ ᐅᖃᐅᓯᒃᑲ.
- ᐃᓕᑕᖅᓯᕗᒃᑐᖓ ᐃᒪᓈᖅᑐᖅᑕᐅᓲᖑᒐᒪ, ᓱᖁᑐ ᐃᑦᑖ, ᑯᓂᒃ, ᐊᒻᒪᓗ HᐋHᐋ. ᑭᐅᓯᕙᓇᖅᓯᖃᑦᑕᖅᑐᖓ ᐊᐱᖅᑯᑎᒋᔭᕐᓂᒃ, ᓲᖃᐃ ᐃᒥᕈᓕᕗᖓᒥᒃ.
- ᐃᖅᑲᐅᒪᕗᒃᑐᖓ ᐅᕙᓐᓄᑦ ᐅᖃᐅᓯᓇᓱᕐᓂᒃ. ᖃᐃᑎᖁᔾᔭᕙᓇᖅᑐᑎᑦ ᓱᓇᒥᒃ. ᑎᒃᑯᐊᖅᓯᕙᓇᖅᑐᑎᑦ ᐊᒻᒪᓗ ᓱᓇᐅᖕᒪᖖᒋᑦ ᑕᐃᓯᕐᑯᔾᔪᑎᑦ.
- ᐅᖃᐅᓯᓇᕙᓇᖅᑕᒃ ᐱᕙᒪᔭᒃ, ᓲᖃᐃ ᐊᒪᖅ, ᐃᑦᑖ, ᐋᒪᒪ, HᐋHᐋ ᐊᒻᒪᓗ ᓇᖓᓈ.

ᐊᕙᙱᑕᒃᑲᓂᒃ ᐱᕙᓪᓕᐊᑎᑦᑎᓂᖅ

- ᑕᓕᒃ ᓴᙱᕙ! ᑎᒍᓯᕗᒃᑐᖓ ᒪᕙᖅᐸᒃᑐᖓᓗ. ᓅᑲᑕᒍᓇᖅᑐᖓ. ᑎᒍᓯᕙᓇᖅᑐᖓ ᑎᒍᔾᔫᙱᓐᓇᓱᒋᔭᕐᓂᒃ.
- ᕿᒡᒋᖅᑕᖅᑑᖓ ᖁᕕᐊᒋᔭᕐ. ᑕᒪᓐᓇ ᓂᐅᒃᑲᓂᒃ ᓴᙱᒃᑎᑎᑦᑎᓱᖅ.
- ᖃᓄᐃᓕᐅᖅᑐᓂᒃ ᐃᔾᔭᐊᖅᐸᒃᑐᖓ. ᐸᑎᑮ ᐸᑎᑮ ᕿᑎᒍᒪᒪᕙᒃᑕᕐ, ᐋᐹᓗ ᐊᒻᒪᓗ ᐹᑐᔭ. ᐊᓂᒋᐊᓖᖓᒪ ᐸᐃᐸᐃᖅᐸᒃᑐᖓ.
- ᑎᒥᒋᔭᕐᒪ ᑕᐃᒎᓯᖏᑦ ᐃᓕᐸᑉᐸᓕᐊᔭᒃ.
- ᐊᓇᖏᖕᒥ ᖁᐃᕙᓇᕐᓂᕐᒧᑦ ᐊᓇᕈᓇᕐᓂᕐᒧᑦ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᕙᓇᖅᓯᕙᖓ. ᐊᖑᑎᑯᓗᐃᑦ ᖁᐃᒐᕙᖓᓂᖅᓴᐅᕗᑦᑐᑦ ᐊᕐᓇᑯᓗᖕᓂᒃ. ᖁᐃᒐᕙᒃᑯᒪ, ᐊᖑᓇᓱᒃᑎᑦᑎᐊᕖᓲᕙᒦᖅᑐᖓ.

ᐊᑐᓕᖅᑎᓇᓂᖅ ᐃᓄᐃᑦ ᐱᒻᒪᕆᐅᑎᑕᖕᒋᓐᓂᒃ

ᐃᓅᖃᑎᖃᕐᓂᕐᒥᒃ ᐱᕗᓪᓕᐊᑎᑦᑎᓂᖅ ᐃᑲᔪᖃᑦᑕᕐᓂᕐᒧ

ᐃᓅᖃᑎᖃᕐᓂᕐᒥᒃ ᐱᕗᓪᓕᐊᑎᑦᑎᓂᖅ ᐊᒥᓱᓂᒃ ᐊᕙᙱᓐᓂᖃᓇᐊᖃᕐᓇᖅᑐᖅ, ᓲᖃᐃ ᐱᑎᐊᖃᑦᑕᓇᐊᖃᕐᓂᖅ ᐃᓅᖃᑎᒋᔭᕐᒥᒃ, ᐊᒥᖅᑳᖃᑎᖃᖃᑦᑕᕐᓂᖅ, ᒪᒥᐊᑦᑐᓐᓇᕐᓂᖅ ᐊᒻᒪᓗ ᐃᓅᖃᑎᖃᑦᑎᐊᒃᑲᓐᓂᕈᓐᓇᕐᓂᖅ, ᓇᒡᓕᖕᓂᕐᒥᒃ ᑕᑯᑎᑦᑎᕙᖕᓂᖅ, ᐊᒻᒪᓗ ᐊᒃᑐᐊᔾᔭᑎᑦᑎᐊᕈᓐᓇᖅᓯᓂᖅ, ᐱᓗᐊᖅᑐᒥ ᐃᓚᖅᑲᕐᓂᒃᑯᑦ ᑐᖅᑯᕋᕐᓂᒃᑯᑦ.

ᐃᓕᓐᓂᐊᖅᑎᑉᐸᒡᓗᒋᑦ ᓄᑕᖅᑲᑦ ᒪᒥᐊᑦᑐᓐᓇᕐᓂᕐᒧᑦ ᐊᒻᒪᓗ ᐃᓅᖃᑎᖃᑦᑎᐊᒃᑲᓐᓂᕈᓐᓇᖅᓯᓂᕐᒧᑦ. ᑐᙳᑎᕌᓗᒃᑖᕋᐸᑕ, ᑕᐃᒪᐃᓪᓚᑦ ᓄᑕᖅᑲᑦ ᐃᓕᑦᑎᓯᓇᐊᖄᑦ ᐱᒻᒪᕆᐅᕐᒪᑦ ᐊᔾᔨᒋᒃᑎᑦᑎᓯᓇᐊᖃᕐᓂᕐᒧᑦ ᑲᒪᑦᑎᐊᖃᑦᑕᓇᐊᖃᕐᓂᕐᒧᓪᓗ ᐃᓅᖃᑎᒋᔭᕐᓂᒃ.

ᓄᑕᖅᑲᑦ ᐃᖁᒪᔪᓪᓗᒋᑦ ᐊᒻᒪᓗ ᑯᓂᒐᔪᓪᓗᖏᑦ ᓇᒡᓕᖕᓂᕐᒥᒃ ᑕᑯᑎᑉᐸᒡᓗᒋᑦ.

ᑐᖅᑯᕋᕐᓂᕐᒥᒃ ᐃᓕᓐᓂᐊᖅᑎᑉᐸᒡᓗᒋᑦ. ᐃᓚᑖᖅᑐᖅᓂᕐᒥᒃ ᐃᑲᔪᖅᑐᖅᐸᒡᓗᒋᑦ ᑕᐃᒎᓯᒃᑯᑦ.

ᓄᑕᖅᑲᑦ ᐃᓕᓐᓂᐊᖅᑎᑕᐅᓯᒪᖕᒪᑕ ᐋᓪᓚᔪᐊᖅᑕᖁᔭᐅᐸᓗᑎᒃ ᖃᐅᔨᒪᙱᑦᑕᒥᓂᒃ, ᑭᓯᐊᓂ ᖃᐅᔨᒪᓕᖅᑕᖁᐸᓗᒋᑦ ᐃᓅᖃᑎᒋᓕᔭᖅᑕᒥᓂᒃ ᐊᖓᔪᖅᑳᖏᓪᓗ ᐃᑲᔪᖅᑐᐃᓗᑎᒃ.

ᐃᑲᔪᖅᑕᖅᓂᖅ ᐱᒻᒪᕆᐊᓗᒃ ᐱᕙᓪᓕᐊᑎᑦᑎᓂᕐᒧᑦ ᓱᕐᓂᒃᓴᒥ, ᐃᓅᖃᑎᖃᕈᓐᓇᖅᓯᓂᕐᒧᑦ. ᐱᒻᒪᕆᐊᓗᒃ ᐱᑎᐊᓇᐊᖅᑲᖅᑕᖅᓂᖅ ᐃᓅᖃᑎᒋᔭᕐᓂᒃ ᐃᑲᔪᖅᑕᖅᓂᐊᕐᒪᑕ ᐃᑲᔪᖅᑎᖃᓇᐊᖅᑲᓕᖅᑳᕆᐊᖅ.

ᐃᓅᖃᑎᖃᑦᑎᐊᖅᑕᖅᑐᓂ ᓄᑲᓴᕐᒥᒃ ᐊᖓᔪᒋᔭᕐᒥᒃ ᐃᑲᔫᑕᐅᕗᒃᑐᖅ ᓄᑕᖅᑲᓄᑦ ᑕᐃᒪᐃᑦᑐᓇᖅᑲᖅᑕᖅᑯᐸᒡᓗᒋᑦ. ᐃᓕᓐᓂᐊᖅᑎᒡᓗᒋᑦ ᐱᓕᕆᐊᒃᓴᖅᑲᕐᒪᑕ ᐃᑲᔪᖅᑎᕆᖅᑲᖅᑕᓇᐊᖅᑲᓂᐊᖅᓂᖏᓐᓄᑦ.

ᓴᙱᔪᒃᑯᑦ ᐃᑲᔪᖅᑐᖅᑲᖅᑕᖅᑲᓗᒋᑦ ᓄᑕᖅᑲᑦ ᐊᒥᖅᑳᖅᑲᖅᑲᖅᑕᓇᐊᖅᑲᖅᑐᖅᑲᓂᖏᓐᓄᑦ ᓱᓇᒥᒃ ᑐᓂᓴᐅᓴᕋᖓᒥᒃ. ᐊᒥᖅᑳᖅᑲᖅᑲᖅᑕᖅᑲᓂᖅ ᐃᓅᖃᑎᖃᖅᑎᐊᕐᓂᖅᓴᐅᓕᖅᑲᖅᑐᖅ ᐊᒻᒪᓗ ᐸᕐᓇᒍᑕᐅᓯᖅ ᓄᑕᖅᑲᓄᑦ ᐃᑲᔪᖅᑕᕈᒫᕐᓂᖏᓐᓄᑦ.

ᐃᓄᙳᐃᓂᖅ

ᓄᑕᖅᑲᓂᒃ ᐱᕈᖅᓴᐃᓪᓗᓂ ᐃᓐᓇᕐᓄᑦ ᐅᖃᐅᔾᔨᒋᐊᕈᑕᐅᔪᑦ

ᐊᕝᕕᓂᓕᖓᓂᒃ 12-ᓄᑦ ᑕᖅᑭᖠᑦ

ᓄᓇᕗᑦ Nunavut

ᖃᐅᔨᒋᐊᕐᑏᑦ QAUJIGIARTIIT

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CENTRES OF EXCELLENCE FOR CHILDREN'S WELL-BEING

Children and Adolescents with Special Needs

ᑕᐃᒪᓐᓇ ᑕᖅᑭᓛᑦ

ᑕᐃᒪᓐᓇ ᑕᖅᑭᓛᑦ, ᓄᑕᕋᓛᑦ ᐃᓕᑦᑎᕙᓪᓕᐊᓲᑦ ᑐᓴᐅᒪᖃᑦᑕᐅᑎᓂᕐᒥᒃ, ᐊᐅᓚᓂᕐᒥᒃ, ᐊᒻᒪᓗ ᐊᑦᑕᓇᖅᑐᒦᑦᑕᐃᓕᒪᓂᕐᒥᒃ ᖃᓄᐃᙱᑦᑎᐊᕈᓐᓇᕐᓂᕐᒧᑦ ᓄᓇᕐᔪᐊᕐᒥ. ᐃᓅᖃᑎᖃᕐᓂᖅ ᐱᒻᒪᕆᐊᓗᒃ ᒫᓐᓇᐅᔪᖅ. ᓄᑕᕋᓛᑦ ᐃᓚᑖᖅᑐᖅᐸᓪᓕᐊᓕᖅᐸᒃᑐᑦ ᐊᒻᒪᓗ ᐱᙳᐊᖃᑎᖃᖅᐸᓕᖅᓱᑎᒃ ᐊᓯᖏᓐᓂᒃ.

ᐃᓅᖃᑎᒋᔭᕐᒥᒃ ᐊᒃᑐᐊᓂᖅ ᐱᒻᒪᕆᐊᓗᒃ. ᑕᐃᒪᓐᓇ ᑕᖅᑭᓛᑦ, ᓄᑕᕋᓛᑦ ᐊᖓᔪᖅᑳᒥᓂᒃ ᑐᑎᒍᒪᓲᑦ. ᑎᒍᒥᐊᖅᑕᐅᔪᒪᒐᔪᒃᑐᑦ. ᐊᖓᔪᖅᑳᖏᑦᑕ ᑎᐱᖓᓂᒃ ᖃᐅᔨᒪᓕᖅᐸᒃᑐᑦ ᐊᒻᒪᓗ ᐊᓯᖏᓐᓂᒃ ᐃᓐᓇᕐᓂᒃ ᐃᓚᒥᓂᒃ. ᐃᓕᑦᑎᕙᒃᑐᑦ ᖃᓄᐃᙱᑦᑐᓐᓇᕐᓂᕐᒥᓂᒃ ᐃᓚᒥᓃᕐᓱᑎᒃ.

ᑕᐃᒪᓐᓇ ᑕᖅᑭᓛᑦ, ᓄᑕᕋᓛᑦ ᐹᕐᖑᖅᐸᓪᓕᐊᓕᓲᑦ ᐊᒻᒪᓗ ᐱᓱᒐᓱᓕᖅᐸᒃᓱᑎᒃ. ᑯᕕᒐᔪᒃᓯᕙᒃᑐᑦ ᐊᒻᒪᓗ ᑲᑕᒐᔪᒃᑐᑦ ᓱᓇᓂᒃ ᖃᐅᔨᓴᖅᓱᑎᒃ. ᓄᑕᕋᓛᑦ ᐱᓱᒋᐅᖅᓵᓕᓂᖅᓴᐅᖃᑦᑕᓕᖅᑐᑦ ᐅᐸᓗᒥ ᑕᐃᑉᓱᒪᓂᐅᓂᖅᓴᖅ ᐊᔪᕈᓐᓃᖅᓴᕐᓂᖅᓴᐅᖃᑦᑕᓕᕐᒪᑕ.

ᓄᑕᕋᓛᑦ ᑎᒥᒥᓂᒃ ᐊᑐᖅᐸᒃᑐᑦ ᑐᓴᐅᒪᖃᑦᑕᐅᑎᒡᓗᑎᒃ. ᐆᒃᑑᑎᒋᓗᒍ, ᓄᑕᕋᓛᖅ ᐊᒪᐅᑎᖕᓂᒃ ᑎᒍᓯᑐᐃᓐᓇᕆᐊᓕᒃ ᐊᓂᔪᒪᓗᓂ. ᐅᕝᕙᓘᓐᓃᑦ, ᓄᑕᕋᓛᖅ ᓄᓱᒃᓯᓇᓱᑐᐃᓐᓇᕆᐊᓕᒃ ᐃᓕᖕᓂᒃ ᐅᒃᑯᐊᕐᒧᑦ. ᑭᐅᖃᑦᑕᕐᓗᒋᑦ ᓄᑕᕋᓛᑦ ᑐᑭᓯᑎᑦᑎᓇᓱᒃᑳᖕᒪᑕ ᐃᓕᑦᑎᓂᐊᕐᒪᑕ ᐅᒃᐱᕈᓱᒍᓐᓇᕐᓂᕐᒥᒃ ᐃᓐᓇᕐᓂᒃ.

ᑕᒪᓐᓇ ᐱᒻᒪᕆᐊᓗᒃ ᓄᑕᕋᓛᖑᔪᓄᑦ ᐱᕈᖅᐸᓪᓕᐊᑎᓪᓗᒋᑦ ᐊᒻᒪᓗ ᓂᕿᑦᑎᐊᕙᖕᓂᒃ ᐱᖃᑦᑕᕆᐊᓖᑦ. ᓂᕿᖃᑦᑎᐊᖃᑦᑕᕐᓗᑎᒃ ᓂᕿᑦᑎᐊᕙᖕᓂᒃ ᒫᓐᓇᐅᔪᖅ ᐃᓅᓯᓗᒃᑖᒧᑦ ᐱᕚᓪᓕᕈᑕᐅᔪᓐᓇᕐᓂᐊᖅᑐᖅ. ᓄᑕᕋᓛᑦ ᒫᓐᓇᐅᔪᖅ ᓂᕿᖃᑦᑎᐊᖅᑎᑕᐅᔪᓐᓇᙱᑦᑐᑦ ᐃᓕᑦᑎᓂᐊᖅᑐᑦ ᓂᕿᒃᓴᒃᑯᑦ ᐊᒃᓱᕈᑎᖃᖃᑦᑕᕐᓂᕐᒧᑦ ᐊᒻᒪᓗ ᑲᑎᑦᑎᑐᐃᓐᓇᕋᓱᒃᐸᒡᓗᑎᒃ ᐆᒥᓛᖅᐸᒡᓗᑎᒡᓘᓐᓃᑦ.

ᑕᐃᒪᓐᓇ ᑕᖅᑭᓛᑦ, ᓄᑕᕋᓛᑦ ᐊᒥᓱᓗᐊᓂᒃ ᐱᙳᐊᖃᙱᑉᐸᑕ ᐱᐅᓂᖅᓴᖅ ᐅᐃᒪᓵᕈᑎᒃᓴᓂᒡᓗ, ᓲᕐᓗ ᑕᓚᕕᓴᓂᒃ. ᐱᙳᐊᖃᓗᐊᖅᑐᑦ ᓄᑕᖅᑲᑦ ᐃᒃᐱᒍᓱᙱᓐᓂᖅᓴᐅᓕᖅᐸᖕᒪᑕ. ᐅᔾᔨᖅᑐᙱᓐᓂᖅᓴᐅᓕᕈᓐᓇᖅᑐᑦ ᐊᔾᔨᐅᙱᑦᑐᓂᒃ ᖃᐅᔨᓴᒥᓂᒃ ᐊᒻᒪᓗ ᐅᔾᔨᖅᑐᙱᓐᓂᖅᓴᐅᓕᕐᓗᑎᒃ. ᐊᖓᔪᖅᑳᑦ ᑭᒡᓕᖃᖅᑎᑦᑎᔭᕆᐊᓖᑦ ᑕᓚᕕᓴᕈᓐᓇᕐᓂᖏᓐᓄᑦ, ᑕᓚᕕᓴᑦ ᓄᑕᕋᓛᓄᑦ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔨᑐᐃᓐᓇᐅᓕᖁᓇᒋᑦ.

ᐊᖓᔪᖅᑳᖑᔪᑦ ᖃᓄᐃᓕᐅᕈᓐᓇᕐᒪᖔᑕ

- **ᐃᑲᔪᖅᑐᖅᐸᒡᓗᒍ ᓄᑕᕋᓛᖅ ᐊᔾᔨᐅᙱᑦᑐᓂᒃ ᐱᔫᒥᒍᓱᒍᑎᖃᕐᒪᑦ.** ᖃᐅᔨᓴᖅᐸᒡᓗᒋᑦ ᐃᑲᔪᖅᑐᖅᐸᒡᓗᒋᓪᓗ ᐅᔾᔨᕆᔭᖏᓐᓂᒃ ᐱᔪᒪᔭᖏᓐᓂᒡᓗ. ᑭᓱᐊᓂ, ᐊᓴᐅᖅᑐᖅᐸᙱᑦᑐᒋᑦ ᐱᔪᒪᓇᔭᖅᑕᒃᓴᕆᔭᖏᓐᓂᒃ ᑭᓱᐊᓂ ᓄᑕᕋᓛᖅ ᓇᓗᓇᐃᖅᓯᒃᐸᑦ ᐱᔪᒪᔭᕐᒥᓂᒃ.
- **ᓇᓗᓇᐃᕐᕕᒋᓗᒍ ᐊᒥᓱᓂᒃ ᐃᓄᒃᓯᐅᑎᓂᒃ ᓂᕿᓂᒃ.** ᒪᒪᖅᓴᖅᐸᓪᓕᐊᓕᕐᓂᐊᖅᑐᑦ ᖃᓄᐃᑦᑐᑐᐃᓐᓇᑦᑎᐊᓂᒃ ᓂᕿᓂᒃ.
- **ᐱᑎᑦᑕᐃᓕᓗᒍ ᑕᑯᑎᑦᑕᐃᓕᓗᒍ ᒪᒪᖅᑐᓂᒃ.** ᓲᕐᓗ ᐅᕐᑯᒻᒥᐊᖃᑦᑖᑦ, ᓯᐅᕋᐅᔮᖅᑐᓖᑦ ᐃᒥᒐᒃᓴᑦ ᐊᒻᒪᓗ ᐃᒥᒐᑦ. ᓈᒻᒪᙱᑦᑑᔪᑦ ᓄᑕᕋᓛᑦ ᑭᒍᑎᖏᓐᓄᑦ.
- **ᐃᖅᑲᐅᒪᓗᓯ, ᓄᑕᕋᓛᑦ ᑎᒥᒃᑯᑦ ᐊᒃᑐᐊᔪᒪᒐᔪᖕᒪᑕ.** ᐃᓕᖕᓄᑦ ᐊᒃᑐᐊᓂᖅᓴᒻᒪᕆᐊᓘᓕᕐᓂᐊᖅᑐᑦ. ᐅᖓᓯᒐᓯᒃᐸᒃᑐᑦ ᐊᖓᔪᖅᑳᕆᓇᓯᐅᔪᑦ ᐅᐸᒐᒃᓴᐅᙱᓂᖅᓴᐅᓯᑦ. ᓄᑕᕋᓛᑦ ᕿᒪᒃᓯᒪᓗᐊᖃᑦᑕᙱᓪᓗᒍ ᐊᐅᓚᑲᑦᑖᕈᑎᒥ ᐱᙳᐊᕐᕕᖓᓂᓗ.
- **ᐃᑲᔪᖅᑐᖅᐸᒡᓗᒍ ᐃᓐᓇᐅᔪᓂᒃ ᐃᓅᖃᑎᖃᕈᓐᓇᕐᓂᖓᓄᑦ.** ᐱᒻᒪᕆᐅᓕᕐᓂᐊᖅᑐᑦ ᓄᑕᕋᐅᑉ ᐃᓅᓯᖓᓂ. ᐊᖓᔪᖅᑳᑦ, ᐊᓈᓇᑦᑎᐊᕆᔭᑦ ᐊᑖᑕᑦᑎᐊᕆᔭᑦ ᐊᒻᒪᓗ ᐊᓯᖏᑦ ᐃᓚᒋᔭᑦ ᐃᓐᓇᑦ ᓄᑕᕋᓛᑉ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔨᖅᑳᕆᔭᖏᑦ.
- **ᐱᖃᖅᑎᓪᓗᒍ ᖃᑉᓰᓐᓇᕐᓂᒃ ᐊᔾᔨᐅᙱᑦᑐᓂᒃ ᐱᙳᐊᓂᒃ.** ᓄᑕᕋᓛᖅ ᐃᑲᔪᖅᑐᖅᐸᒡᓗᒍ ᖁᔭᓕᔪᓐᓇᕐᓂᕐᒧᑦ ᐱᙳᐊᕐᒥᓂᒃ, ᐱᙳᐊᖃᑎᒋᑦᑎᐊᖅᐸᒡᓗᒍ, ᒥᐊᓂᕆᑦᑎᐊᕐᓗᒋᓪᓗ.
- **ᐃᑲᔪᖅᑐᖅᐸᒡᓗᒍ ᑭᐅᓯᔪᓐᓇᕐᓂᕐᒧᑦ.** ᐅᖓᑖᒍᓗᐊᕌᓗᒃ ᐱᐊᓂᕆᓇᓯᖅᑕᙱᑦᑐᒋᑦ. ᐃᓕᓐᓂᐊᖅᑎᑦᑐᒋᑦ ᓈᒻᒪᙱᑦᑐᖅᑲᕌᖕᒪᑦ ᐊᖅᑭᒋᐊᖅᓯᔪᓐᓇᕐᓂᕐᒧᑦ ᐃᓅᖃᑎᒋᔭᒃᑯᑦ.
- **ᐃᑲᔪᖅᑐᖅᐸᒡᓗᒍ ᐱᓇᓱᒍᓐᓇᕐᓂᕐᒧᑦ.** ᒥᐊᓂᕆᓗᐊᕌᓗᙱᓪᓗᒍ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓱᒫᓘᑎᒋᓗᐊᑎᓪᓗᒍ ᑲᑕᒃᑳᖕᒪᑦ ᓈᒻᒪᙱᑦᑐᒃᑯᕌᖕᒪᑦ.

ᐃᖅᑲᐅᒪᔾᔪᑏᑦ!

✓ ᐊᕙᑎᒋᔭᖅ ᐅᓗᕆᐊᓇᖅᑐᖃᖅᑎᑦᑕᐃᓕᓗᒍ. ᓄᑕᖅᑲᑦ ᐃᓕᑦᑎᐊᓚᔪᒻᒪᕆᐊᓗᐃᑦ ᑕᐃᒪᓐᓇ ᑕᖅᑭᖃᖅᓱᑎᒃ. ᖃᐅᔨᔪᒪᒐᔪᒃᑐᑦ ᐊᒻᒪᓗ ᓅᑲᑕᒐᔪᒃᑐᑦ.

✓ ᐅᔾᔨᖅᑐᖅᐸᒡᓗᒋᑦ ᓄᕙᓕᙱᒃᑲᓗᐊᕐᒪᖔᑕ ᓯᐅᓯᓇᙱᒃᑲᓗᐊᕐᒪᖔᑕ. ᐋᓐᓂᐊᕐᕕᓕᐊᕈᑎᕙᒡᓗᒋᑦ ᒫᓐᓇᑲᐅᑎᒋ. ᓇᐃᒪᑦᑎᐊᕐᒪᖔᑕ ᖃᐅᔨᓴᖅᐸᒡᓗᒋᑦ.

ᐊᖓᔪᖅᑳᖑᑉᓗᓂ ᐊᔪᙱᓐᓂᕆᔭᐅᔪᑦ ᐆᒃᑐᕋᖅᑕᐅᔪᓐᓇᖅᑐᑦ ᑕᐃᒪᓐᓇ ᐅᑭᐅᓕᖕᓄᑦ

ᓄᑕᕋᑯᓗᐃᑦ ᐊᖓᔪᒥᓂᒃ ᐊᓂᒥᓂᒃ ᓇᔭᒥᓂᒃ ᑐᓱᖃᑦᑕᕐᒪᑕ ᓱᓇᓕᕆᔪᓐᓇᖅᑎᓪᓗᒋᓪᓕ. ᑕᐃᒪᐃᑦᑐᓂᒃ ᐅᒃᐱᕈᓱᒃᑳᖕᒪᕕᑦ, ᐅᖃᐅᑎᖃᑦᑕᕐᓗᒋᑦ ᐊᔪᕈᓐᓃᕈᒫᕐᒥᖕᒪᑕ ᐊᖏᑦᓕᒍᑎᒃ. ᑕᒪᓐᓇ ᓂᕆᐅᑦᑎᐊᕈᓐᓇᕐᓂᖏᓐᓂᒃ ᓴᖅᑭᑎᑦᑎᓲᖅ. ᓄᑕᖅ ᐱᓇᓱᖃᑦᑕᓕᕐᓂᐊᖅᑐᖅ ᐱᔫᒥᒍᓱᓕᕐᓂᐊᖅᑐᕐᓗ.

ᐃᑲᔪᕈᓐᓇᖅᑕᐃᑦ ᓄᑕᕋᕆᔭᐃᑦ ᐅᖃᑦᑎᐊᕈᓐᓇᖅᓯᖁᓗᒍ ᐅᖃᖃᑎᒌᓐᓇᖃᑦᑕᕐᓗᒋᑦ. ᐅᖃᒃᑲᓐᓂᖃᑦᑕᕐᓗᒋᓪᓗ ᖃᓄᖅ ᐅᖃᖅᑕᐅᖃᑦᑕᕐᒪᖔᑕ.

ᐱᙳᐊᖃᖃᑦᑕᖁᓗᒋᓪᓗ ᖃᓂᒋᔭᖏᓐᓃᑦᑐᓂᒃ. ᖃᐅᔨᓴᖃᑦᑕᖁᓗᒋᑦ ᐅᓗᕆᐊᓇᙱᑦᑐᓂᒃ ᐃᒡᓗᒥᐅᑕᐅᔪᓂᒃ.

ᑕᐅᑐᖃᑦᑕᕐᓗᒍ ᓄᑕᕋᓛᑦ ᖃᓄᐃᓕᐅᕐᓂᖓᓂᒃ ᖃᓄᐃᓕᐅᕈᒪᖃᑦᑕᕐᓂᖓᓂᒡᓗ. ᐅᖃᐅᓯᕆᒃᑲᓐᓂᖃᑦᑕᕐᓗᒋᑦ ᓄᑕᕋᓛᕐᒧᑦ ᑕᐃᒎᓯᖅᑖᕐᓗᒋᑦ, ᓲᕐᓗ ᐃᒪᓐᓇ ᑕᐃᓗᒋᑦ "ᒪᔪᕈᒪᕙᒃᑐᖅ" ᐅᕝᕙᓘᓐᓃᑦ "ᓂᐱᒃᑭᐅᕙᒃᑐᖅ."

ᐅᖃᐅᓯᖃᑦᑕᕐᓗᓯ ᓄᑖᑦ ᓂᕿᑦ ᑎᐱᖓᓂᒃ. ᐃᑲᔪᖅᑐᖅᐸᒡᓗᒍ ᓄᑕᕋᓛᑦ ᓄᑖᓂᒃ ᓂᕿᓂᒃ ᓂᕆᒐᓱᖃᑦᑕᕆᐊᖃᕐᓂᖓᓄᑦ, ᐱᓗᐊᖅᑐᒥ ᐃᓄᒃᓯᐅᑎᓂᒃ (ᐱᒻᒪᕆᐊᓘᖕᒪᑦ ᓂᕿᒋᔭᐅᕙᒃᑐᖅ)

ᐃᑲᔫᑎᒃᓴᑦ ᐊᖓᔪᖅᑳᓄᑦ

✓ **ᐃᑲᔫᑎᒃᓴᖅ #1: ᓄᑕᕋᓛᖅ ᐅᖓᑖᒍᓗᐊᕌᓗᒃ ᐊᓐᓄᕌᖅᑐᖃᑦᑕᙱᓪᓗᒍ.** ᖃᓂᑦᑑᔭᕆᐊᖃᕐᒪᑕ ᐅᕝᕙᓘᓐᓃᑦ ᐅᕕᓂᓯ ᐊᒃᑐᐊᔾᔪᑎᓗᑎᒃ ᐊᒫᖅᑎᓪᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓐᓇᖓᖅᑲᑎᒋᓗᒍ. ᓄᑕᕋᓛᑦ ᐃᐱᓕᖅᓱᑎᒃ ᖁᕕᐊᓱᖅᑕᖕᒥᒪᑕ.

✓ **ᐃᑲᔫᑎᒃᓴᖅ #2: ᐃᒻᖏᕐᓂᖅ ᐊᖃᕐᓂᕐᓗ.** ᑕᒪᓐᓇ ᓴᐃᒻᒪᖅᑎᑦᑎᓲᖅ ᓄᑕᕋᓛᓂᒃ. ᓴᓚᐅᓯᓕᓲᑦ. ᐃᒻᖏᖃᑦᑕᕐᓗᓯ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓚᒌᑦ ᐊᖃᓲᑦ ᐱᓯᕐᓂᒡᓘᓐᓃᑦ ᐃᒻᖏᓲᑦ. ᐃᒻᖏᕐᓗᒍ ᒪᒃᓴᐅᔭᐅ, ᓯᓂᑭᓗᓂ ᐃᒻᖏᐅᑎ, ᓯᓂᓕᖁᑉᓗᒋᑦ.